

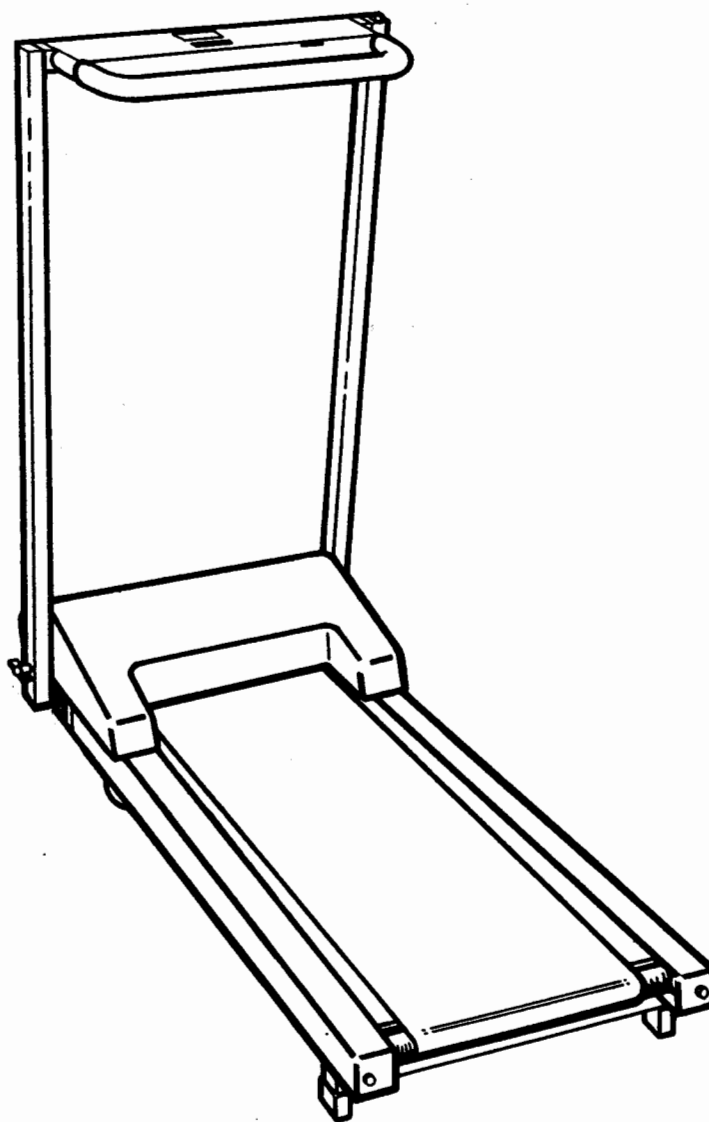
SEARS

Lifestyler

M·O·T·O·R·I·Z·E·D T·R·E·A·D·M·I·L·L

MODEL 831.29619

- Assembly
- Adjustment
- Operation
- Training Program
- Maintenance
- Storage
- Reorder/Parts List
- Warranty



**Owner's Manual
and Fitness Program**

Lifestyler

M·O·T·O·R·I·Z·E·D T·R·E·A·D·M·I·L·L

Owner's Manual and Fitness Program

BEFORE YOU BEGIN

For maximum enjoyment and benefit, become familiar with the operation of your Sears Treadmill before initial use. If you have additional questions regarding assembly, parts, operation or your 90 day warranty, please call our

Customer Service Line toll-free at

1-800-824-3109

(In Canada, 1-800-824-8949)

During regular business hours, Mon.-Fri., 8 a.m. – 5 p.m. Mountain Standard Time.

INTRODUCTION

Congratulations on your purchase of the Lifestyler treadmill. This walking treadmill is an innovation in home exercise equipment. With variable speed and adjustable incline you can tailor your workout to your individual fitness program.

Now you can enjoy one of the best forms of aerobic exercises at your convenience in the privacy of your home.

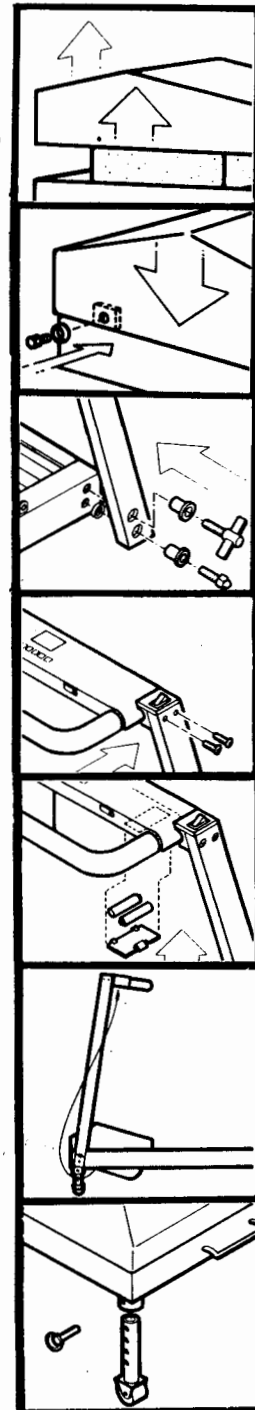
WARNING:

Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. **Read all instructions before using.** Sears assumes **no** responsibility for personal injury or property damage sustained by or through the use of the Lifestyler Treadmill.

ASSEMBLY INSTRUCTIONS

IMPORTANT! Read all instructions carefully before beginning assembly. For part identification see drawing and parts list. Assembly can be completed with the tool provided. The assistance of a second person is required for step 7.

1. Set the treadmill in a clear area on the floor. Remove all packing materials. Lift the motor hood (44) and remove the styro-foam block.
2. Unscrew the short bolts (45) and washers (45A) from the hood mounts. Place the motor hood over the motor and fasten it by replacing the short bolts and washers.
3. Insert a medium bolt (26) through a metal bushing into the hole in the bottom of the right handrail post (29). Add a washer (28) onto the protruding end of the bolt and screw it into the bottom hole in the frame. Secure the handrail post with a T-wingbolt (27) and metal spacer. Repeat the process for the left handrail post (37).
4. Slide the electronic console (33) and handrail (35) between the plastic end caps (31B) (31C) at the top of the handrail posts, and secure by inserting the four handrail bolts (30) and washers (30A).
5. Insert 2 "AA" batteries into the compartment in the underside of the electronics console.
6. Insert the plug on the end of the sensor wire (17) into the jack on the underside of the electronics console. Use the cable tie (62) to fasten the sensor wire to the left handrail post.
7. Lift the treadmill by the handle on the front and insert the chrome legs (51) into the tubes in the frame, adjust the treadmill to the desired height and insert the hitchpins (55) through the holes in the frame and legs.
8. Make sure that all nuts and bolts are tightened securely. Read the operation instructions before using your treadmill.

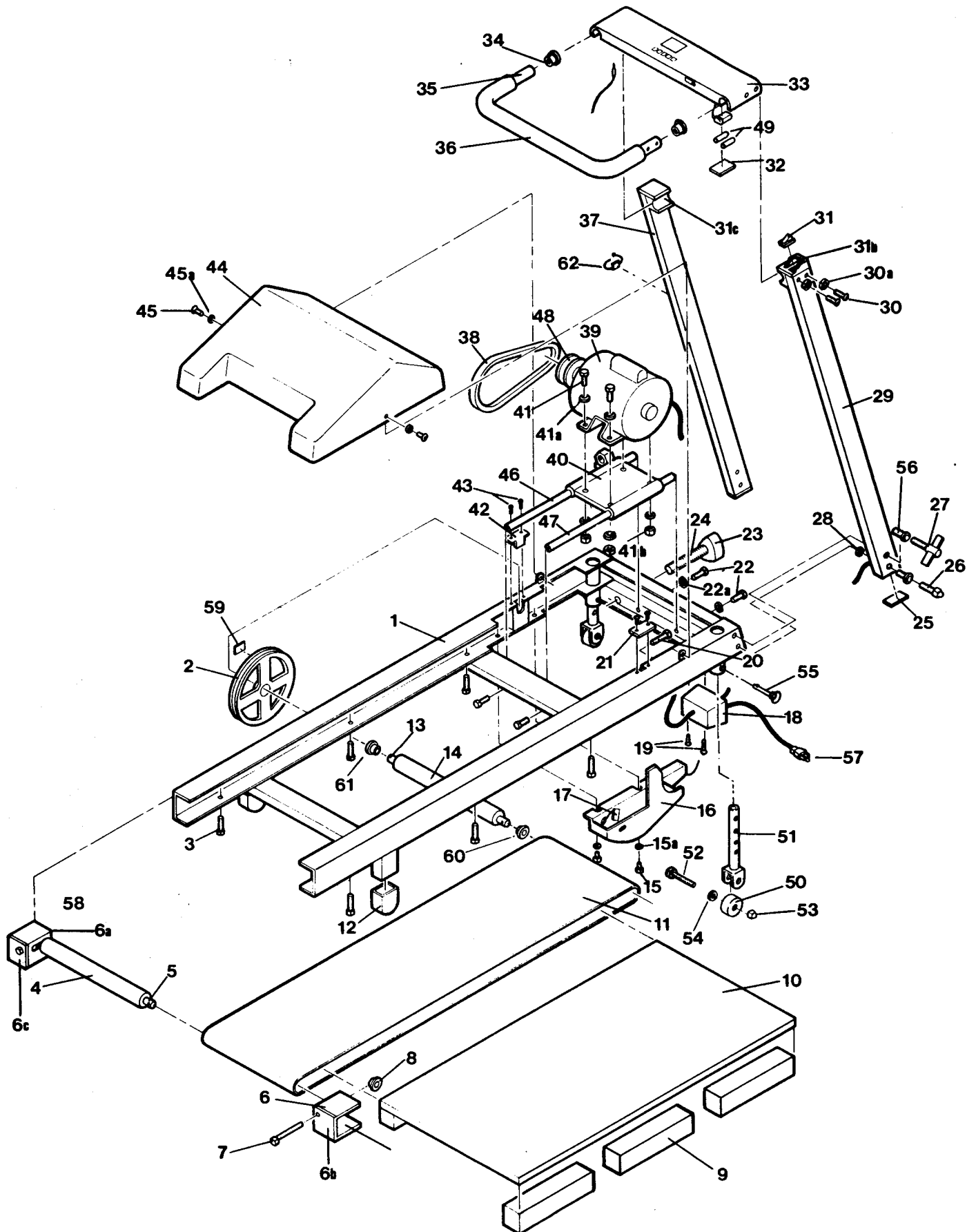


STORAGE AND MAINTENANCE

The Lifestyler Treadmill is relatively light and can be stored quite easily. Simply position the Treadmill in whatever position is most convenient in a cool dry place. When storing for a long period of time it is best to first remove the batteries from the electronics console.

Your treadmill can be easily converted to the compact storage position. Simply unscrew the T-wingnuts from the handrail posts and fold the handrails down onto the frame. Do not place heavy objects on the treadmill when in storage.

To assure smooth operation and prolong the life of your Treadmill we recommend using silicone lubricant spray under the Walking Belt before initial use and periodically as you use your Treadmill. DO NOT allow the silicone spray to get on the walking surface of the Belt.



PARTS LIST

No.	Description	Qty.	No.
1	Main Frame	1	004052
2	Pulley Wheel	1	020002
3	Platform Support Bolts	6	013227
4	Rear Roller	1	022015
5	Rear Axle	1	049039
6	Right Belt Adj. Bracket	1	008062
6A	Left Belt Adj. Bracket	1	008062
6B	Right Belt Bracket Plate	1	061011
6C	Left Belt Bracket Plate	1	061013
7	Belt Adj. Bolt	2	013070
8	Spacer	2	019082
9	Wood Support	6	053009
10	Low Friction Platform	1	053008
11	Walking Belt	1	025017
12	Rubber End Cap	2	040020
13	Front Axle	1	049040
14	Front Roller	1	022016
15	Bolt	2	013020
15A	Washer	2	014003
16	Pulley Cover	1	010019
17	Rd. Swch. w/ Snr. Wr.	1	031006
18	Electric Connection Cvr	1	031005
19	Connection Cover Bolts	2	013088
20	Front Roller Adj. Bolt	1	013068
21	Right Roller Lock	1	016013
22	Motor Mount Frame Bolt	1	013060
22A	Washer	1	014001
23	Speed Adj. Knob	1	017018
24	Speed Adj. Bolt or Shaft	1	013034
25	End Cap (Posts)	2	040057
26	Acom Bolt	2	013226
27	"T" Wing Bolt	2	017003
28	Washer	2	014001
29	Right Hand Rail Post	1	003021
30	Hand Rail Bolt	4	013228
30A	Washer	4	014060
31	Switch	1	031014
31A	Right Handrail Cap	1	061010
31B	Left Handrail Cap	1	008082
32	Battery Cover	1	033022
33	Electronic Console	1	032018
34	Cap Ends (Handrail)	2	040004
35	Handrail	1	003023
36	Handrail Foam	1	041005
37	Left Hand Rail Post	1	003022
38	"V" Belt	1	025005
39	Motor	1	031001
40	Motor Mount Plate	1	031010
41	Motor Mount Bolt	4	013060
41A	Washer	8	014012
41B	Nut	4	012003
42	Left Roller Lock	1	016012
43	Roller Lock Screws	4	013020
44	Motor Hood	1	009024
45	Bolt	2	013020
45A	Washer	2	014012
46	Motor Slide Rail L	1	049012
47	Motor Slide Rail R	1	049011
48	Variable Speed Pulley	1	020001
49	Batteries	2	033021
50	Wheel	1	052003
51	Chrome Legs	2	005013
52	Bolt	2	013269
53	Nut	2	012077
54	Washer	2	014059
55	Hitch Pin	2	015003
56	Metal Bushings	4	019106
57	Electric Plug and Cord	1	031033
58	Right Belt Adj. Bracket	1	008081
59	Magnet	1	070035
60	Right Roller Bushing	1	019187
61	Left Roller Bushing	1	019109
62	Lock Tie	1	017029

Replacement Parts may be ordered from any Sears store, or call customer Service toll-free at **800-824-3109** (in Canada, **800-824-8949**) during regular business hours: 8 a.m. – 5 p.m. Mountain Standard time. Open Monday – Friday.

FULL 90 DAY WARRANTY ON PARTS

For 90 days from the date of purchase, when proper assembly and maintenance procedures detailed in the Owner's Manual are followed, Sears will, free of charge, repair or replace and install a replacement part of any defective part, when this Lifestyler is used in a normal manner.

This warranty does not apply when the Lifestyler is used for commercial or rental purposes.

WARRANTY SERVICE IS AVAILABLE BY SIMPLY RETURNING THE LIFESTYLER TO YOUR NEAREST SEARS SERVICE CENTER/DEPARTMENT IN THE UNITED STATES.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

TREADMILL ADJUSTMENT AND OPERATION

Before initial use of your treadmill, it is important that you are familiar with the adjustments and operating procedure.

INCLINE ADJUSTMENT

To increase or decrease the level of exercise difficulty, the angle of the walking belt can be adjusted in the following manner:

1. Firmly grip the handle on the front of the treadmill and remove the hitch pin from each front chrome leg.
2. Raise or lower the treadmill to the desired height. Be sure the treadmill is at the same height on both sides.
3. Reinsert the hitch pins.

BELT ADJUSTMENT

For smooth operation and to prevent damage to the walking belt, always keep the belt centered during use. Turn the treadmill on for a few seconds and check the spaces between the walking belt and the sides of the frame. If the belt is closer to one side than the other, it should be centered in the following manner:

1. Locate the adjustment bolts at the rear of the frame.
2. Turn the treadmill on at slow speed.
3. IF THE BELT HAS SHIFTED TO THE LEFT SIDE: Use the adjustment wrench to tighten the left-hand bolt, and loosen the right-hand bolt. Turn the bolt 1/3 of a turn at a time until the belt moves to the center.
4. IF THE BELT HAS SHIFTED TO THE RIGHT SIDE: Use the adjustment wrench to tighten the right-hand bolt, and loosen the left-hand bolt. Turn the bolts 1/3 of a turn at a time until the belt moves to the center.

SPEED ADJUSTMENT

The speed of the walking belt can be adjusted easily to any setting from 1.2 mph to 3.1 mph.

1. Locate the speed adjustment knob at the front of the treadmill on the right side.
2. To increase the speed, turn the knob counter-clockwise. To decrease the speed, turn the knob clockwise.

SAFETY PRECAUTIONS:

Follow all instructions listed here and all directions given by your physician.

1. **Always position the treadmill on a flat, level surface.**
2. **Keep the treadmill away from water.**
Avoid getting water or other liquids on the electronics or power cord.
3. **Keep small children away from the treadmill while in operation.**
4. **Keep walking surface and shoes clean and dry.**
Keep mud and dirt off the belt. Clean as needed with a damp cloth, but wait until dry before using the treadmill. Do **not** walk on a wet walking belt. The surface may be slippery!
5. **Wear proper clothing and shoes.**
Clothing that allows free movement (exercise suits, or shorts and t-shirts) are recommended. Avoid wearing robes, gowns, or oversized clothing that may get tangled. Athletic shoes (tennis, running, or aerobic) are also suggested.
6. **Do not start the treadmill while you are standing on the walking belt.**

STARTING PROCEDURE

1. Stand on the treadmill with your feet on the grip tape on the siderails.
2. Firmly grasp the handrails.
3. Press the button on the "On/Off" switch and slide the switch forward to start the motor.
4. Adjust the speed control knob until the desired speed is reached.
5. Carefully step on the moving belt and begin walking.
6. To stop the treadmill step off the walking belt and pull back on the "On/Off" switch.

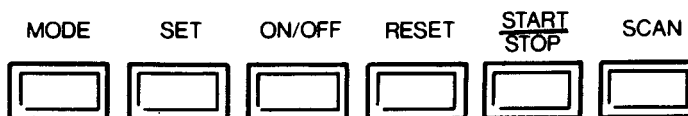
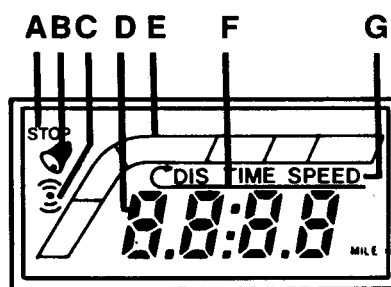
THE ELECTRONIC CONSOLE

The Lifestyler treadmill is equipped with a state-of-the-art electronic console which features seven separate functions.

- **SPEED**
Measures the speed that you are walking in miles per hour.
- **TIME**
Measures the length of time that you exercise up to 99 minutes.
- **TIME SET**
Allows you to set the length of time that you wish to exercise and counts the time down, sounding a tone when zero is reached.
- **DISTANCE**
Measures the distance that you walk in miles.
- **DISTANCE SET**
Allows you to set the distance that you wish to walk and sounds a tone when the distance is reached.
- **SCAN**
Displays the SPEED, TIME, and DISTANCE functions, automatically changing from one to the next every 5 seconds.
- **RPM**
Measures RPM from 0 to 700.

CONSOLE DIAGRAM

- A. Indicates that the functions are stopped.
- B. TIME SET indicator
- C. DISTANCE SET indicator
- D. Digital readout for function in use.
- E. RPM bar graph
- F. SCAN indicator
- G. SPEED, TIME, and DISTANCE indicators.



FUNCTIONS OF THE KEYS

- A. "MODE" Key: is used to select the SPEED, TIME, TIME SET, DISTANCE and DISTANCE SET functions.
- B. "SET" Key : is used to set the time and distance for the TIME SET and DISTANCE SET functions.
- C. "ON/OFF" Key: is used to turn the electronic console on and off.
- D. "RESET" Key: is used to clear all information and return the readout display to zero.
- E. "START/STOP" Key: is used to start and stop all functions except the SPEED and DISTANCE functions, which operate continuously.
- F. "SCAN" Key: is used to select the SCAN function.

OPERATING THE CONSOLE

Note: the console is powered by 2 "AA" batteries, which must be installed prior to use.

1. Press the "ON/OFF" key. The LCD display will appear and a tone will sound for 2 seconds.
2. Select the desired function in the following manner:
 - a. SPEED, TIME, or DISTANCE functions: press the "MODE" key until the SPEED, TIME, or DISTANCE indicator appears.
 - b. TIME SET or DISTANCE SET functions: first press the "MODE" key until the TIME or DISTANCE indicator appears, and then press the "SET" key until the desired number is reached.
 - c. SCAN function: press the "SCAN" key. The SCAN indicator arrow will appear. To cancel the SCAN function the "SCAN" key must be pressed again.
3. Press the "START/STOP" key to start the functions. Begin your exercise.
4. If you wish to select a different function while exercising, simply change the function as described in step 2.
5. If you need to interrupt your exercise, press the "START/STOP" key and the functions will be put on hold. When you are ready to resume, press the "START/STOP" key again.
6. When you finish exercising, press the "ON/OFF" key to turn the console off.

CAUTION:

Do not expose the console to direct sunlight for extended periods of time or the LCD display will be damaged.

Do not allow moisture to get into the console.

Always turn the console off after use to preserve the batteries.

TREADMILL CONDITIONING

WARNING:

Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. **Read all instructions before using.** Sears assumes **no** responsibility for personal injury or property damage sustained by or through the use of the Lifestyler Treadmill.

TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize health benefits from using the Lifestyler Treadmill, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise will be achieved if you reach what is referred to as a "Target Heart Rate" during your workout.

Your target heart rate falls between 70% and 85% of the highest heart rate that you can achieve during exercise. You can estimate your target heart range by following this simple formula.

$$\frac{220 \text{ (average maximal heart rate for a child)} - \text{YOUR AGE}}{}$$

$$= \text{YOUR MAXIMUM HEART RATE}$$

Maximum Heart Rate multiplied by .70=Low end of Target Heart Range.

Maximum Heart Rate multiplied by .85=High end of Target Heart Range.

For example, if you were 30 years old you would use this formula:

$$\begin{array}{r} 220 \\ - 30 \\ \hline 190 \end{array}$$

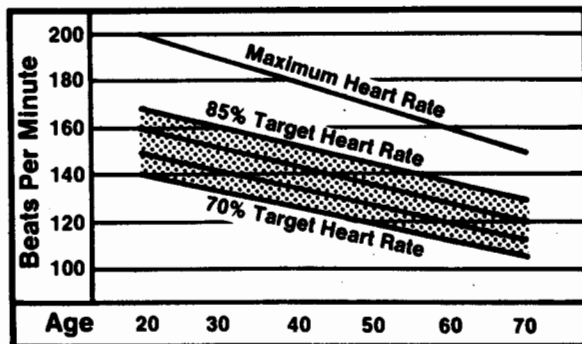
$$190 \times .70 = 133 \text{ (Low end of Target Heart Range)}$$

$$190 \times .85 = 161.5 \text{ (High end of Target Heart Range)}$$

Target Heart Range for a 30 year old is 133-162.

For your first time using the Lifestyler Treadmill you should work towards obtaining a 70% target heart rate. As time goes by you should work on increasing your heart rate, at a pace of about 5% every 4 weeks, until you reach 85%. As your body adapts to the workout, more and more workload will be required to reach your target heart rate. This can be easily accomplished by increasing your speed, or tension. A need for increased workload is a definite indicator of improved physical condition.

Below is a quick reference chart to help estimate your beats/minute target rate.



B. Duration/Frequency.

To maximize benefits gained from the use of the Lifestyler Treadmill you should exercise at your prescribed heart rate for at least 20 minutes 3 times a week. Alternating a day of rest between workouts is advised.

C. Exercise Pattern.

Your exercise pattern should consist of a basic 5 step pattern.

At rest
Warm up
Target Heart Range Exercise
Cool Down
At Rest

1. Warm up and cool down are important steps in the prevention of injuries and should not be taken lightly. Warm up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. Warm up can be achieved through stretching exercises and light calisthenics for a period of 5-10 minutes prior to use of the Treadmill. Then start your training with several minutes of a lighter pace prior to heart rate training.

2. Target Heart Rate, as discussed earlier in this section, is a fundamental concept in exercise efficiency and benefit. You should work out on your Treadmill at a speed and tension that causes your heart rate to fall within your target heart range. You need to maintain this level for a period of 20-30 minutes to maximize the benefits.

3. Cool down is essential to preventing injuries. Stopping abruptly after vigorous exercise is likely to cause blood pooling in the extremities, a condition that causes the heart to work harder and increases the potential for muscle soreness. Again, cool down can be achieved through stretching or simply exercise at a slower pace.

SETTING THE PACE

To determine the pace required for you to reach your target heart rate simply follow these steps.

- A. Set the electronic timer for 4 minutes.
- B. Press the "start/stop" key on the console and begin exercising.
- C. Immediately reset the timer for 1 more minute and take your pulse.
- D. If you do not reach your target heart rate you need to increase your speed and/or tension.
- E. If you have surpassed your target heart rate you need to decrease speed and/or tension.
- F. Reset counter and set timer for an additional 2 minutes.
- G. Repeat steps B-F until target heart rate is achieved.

STRETCHING

WARM UP

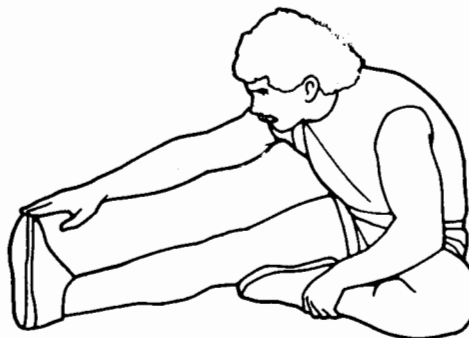
Before beginning use of the Treadmill, a stretching routine is recommended. The following stretching routine provides a good warm up.

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly—don't bounce.

Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, Lower back and Groin.



Inner Thigh Stretch

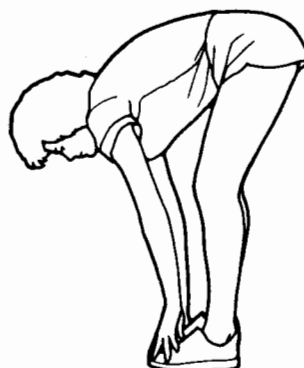
Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

Stretches: Inner thigh muscles.

Toe Touches

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

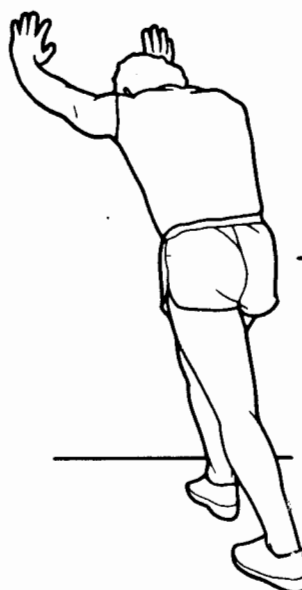
Stretches: Hamstrings, Back of Knees, Back.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip muscles.



Calf/Achilles Stretch

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles tendons, and Ankles.

COOL DOWN

These stretching exercises may also be used to "cool down" after your workout program. This will help prevent muscle stiffness the next day.

SEARS, ROEBUCK, AND CO., DEPT. 697/731A, SEARS TOWER, CHICAGO, IL 60684